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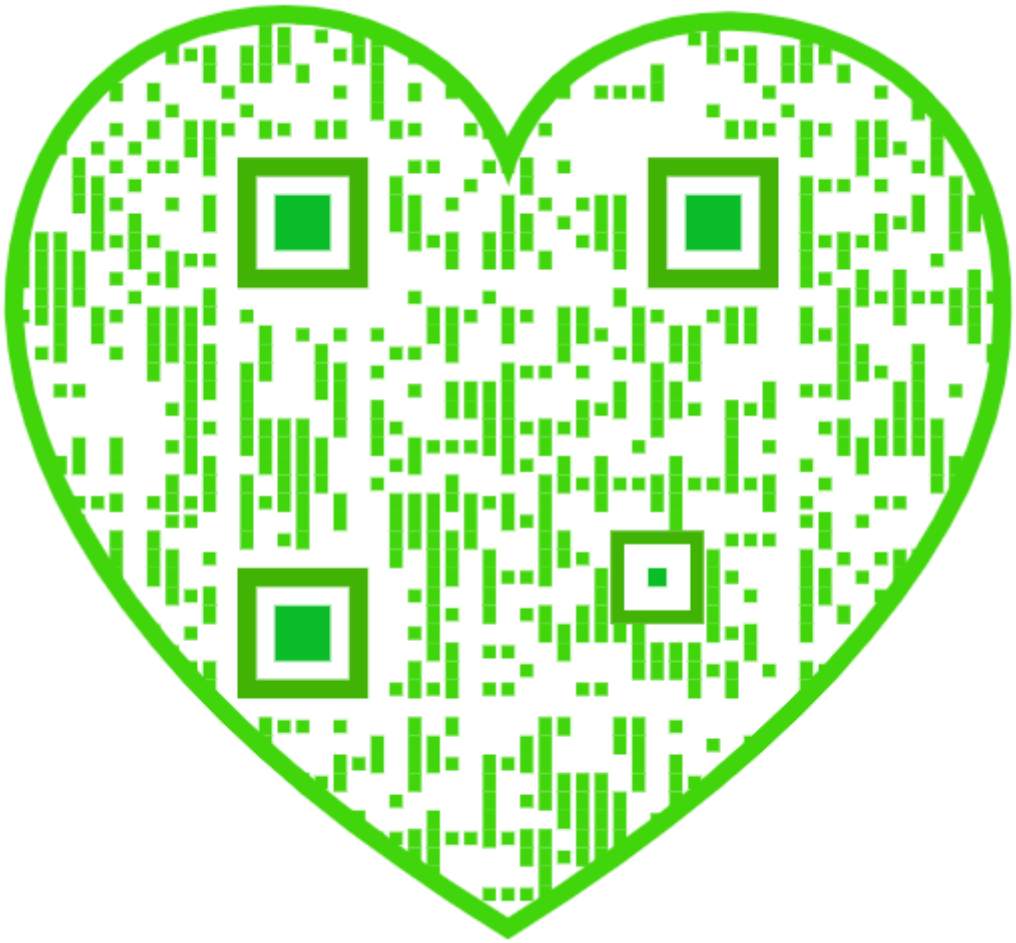

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DEPARTMENT OF COMMERCE
BUREAU OF FISHERIES

Economic Circular No. 36 : : : : : : : : : : Issued April 23, 1918

FISH ROE AND BUCKROE.[a]

With 85 Recipes.

The natives of southeast Alaska highly prize the eggs of the sea herring, and at the spawning season congregate at the beaches adjacent to the spawning grounds to collect supplies of this food. The eggs are adhesive, clinging to the vegetation and rocks with which they come in contact. Taking advantage of this character, the collectors strew the beaches at low tide with green hemlock branches which later are covered with eggs carried in on the incoming tide. The egg-coated seaweeds and branches are hung on wires, strings and branches of trees, or laid on pieces of canvas to dry. Both fresh and dried eggs are used for food. In preparing the dried eggs for consumption, the entire egg-coated frond or branch is boiled for a few minutes in slightly salted water. The eggs drop off and sink to the bottom of the vessel, after which the vegetation is removed.

Probably nowhere else in the world are the eggs collected after they have been deposited, but in all civilized countries the roes of certain fishes are of recognized high quality and classed among the most valuable of our fishery products. This is especially true of the eggs of the sturgeon, spoonbill cat or paddlefish, and others which are manufactured into an expensive relish caviar. The roes of others, as the shad, mullet, whitefish, river herring, cod, and haddock, are quite extensively used for food, either fresh, salted, or canned. On the other hand, large quantities of roe, and practically all of the buckroe of marketed fishes, are permitted to go to waste. With one or two exceptions, these are excellent for food and should be utilized.

In a single year (1909), the American hen produced 1½ billion dozen eggs valued at more than 300 million dollars. We are fully acquainted with the food value of hens' eggs, but do not appreciate fully that in dietary qualities the roe and buckroe of fishes are comparable. These are essentially nitrogenous foods, with a considerable quantity of fat, and differ in composition but little from the flesh of the fish. They do, however, contain a larger quantity of an important constituent of food, organic phosphorus in the form of lecithin. The fresh roe contains less water than the flesh, and therefore

[a] By Lewis Radcliffe, assistant in charge of division of statistics and methods of the fisheries, Bureau of Fisheries.

pound for pound has a larger quantity of nutrients. For purposes of comparison some tabulated analyses follow. In comparing analyses of the canned with the fresh products, it should be borne in mind that water is added to the product in the cans when it is put up.

ANALYSIS AND FOOD VALUE OF FISH, FISH ROE, BUCKROE, ETC.

Kind.	Water.	Dry flesh.	Protein.	Fat.	Ash.	Total nutrients.	Fuel value per pound.
	Per cent.	*Per cent.*	*Per cent.*	*Per cent.*	*Per cent.*	*Per cent.*	*Calories.*
Shad (dressed)	70.62	29.28	18.55	9.48	1.25	28.03	744
Shad roe (fresh)	71.25	28.75	23.44	3.78	1.53	27.22	595
River herring (dressed)	74.41	25.59	19.17	4.92	1.47	24.09	564
River herring roe (canned)	79.67	20.33	14.25	[a] 4.84	1.24	19.09	469
River herring buckroe (canned)	81.21	18.79	[a] 14.19	2.41	2.19	16.60	365
Pollock buckroe (canned)	79.39	20.61	13.68	2.62	3.98	16.30	365
Sea herring buckroe (canned)	79.25	20.75	15.54	2.72	2.49	18.26	403
Sea herring roe (fresh)	69.22	30.78	[a] 25.21	4.19	1.38	29.40	645
Sturgeon caviar	66.05	33.95	14.37	8.97	[b] 7.26	23.34	645
Hen eggs	65.50	34.50	13.10	9.30	.90	22.40	635
Chicken (dressed)	71.30	28.70	24.30	2.60	1.40	26.90	561

[a] By difference. [b] Of this total 6.16 parts salt is used in preserving product.

The buckroe or milt roe (that part of the male which corresponds to the egg mass of the female and is sometimes called soft roe), as shown by analysis, compares favorably in food value with the roe and flesh of the fish. It is, in fact, a most excellent product, a delicate and palatable fish food, and has been so pronounced by teachers of domestic science and others who have given it a trial. As stated by one of these, "it lends itself to preparation in all the ways in which the French cook serves sweetbreads and brains—e. g., breaded and fried, fried in batter, in fritters, in patties; as a salad with diced carrots, peas, parsley, celery, lettuce, potatoes, etc.; hot on toast with a white sauce and mixed minced vegetable; with vinaigrette sauce, etc."

As many housekeepers are able to obtain these products in abundance, it is suggested that supplies be canned for home use during the year. To a quart can of roe or buckroe add a heaping teaspoonful of salt and fill with water. Process for 50 minutes at 250° F. in a pressure cooker. As the roe swells in processing, the can should not be completely filled. Fish canners have expressed a willingness to cooperate in saving these products provided they can market them. Lend your assistance in preventing their waste by adding them to your diet. Following are a few of the ways in which these may be cooked, recipes 1 to 53 being for roe and 54 to 85 for buckroe.

ROE RECIPES.

1. *Fried roe.*—Wash, wipe, and roll in flour and cracker crumbs 2 pounds of herring, shad, or other fish roe and fry in butter or lard the same as fish. It should be kept well covered while cooking, as the small globules of which it is

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composed explode and scatter. Serve with slices of lemon and parsley, or with tartar or tomato sauce.

2. *Fried roe.*—Parboil the roe in salted water, drain, plunge into cold water, and let stand for 10 minutes. Drain, wipe dry, cut in ½-inch slices, dip in seasoned lemon juice, then in beaten egg, then in crumbs, and fry in fat to cover. Serve on crisp lettuce.

3. *Fried roe.*—Season the roe, dip in corn meal, and sauté until brown in butter or lard. Add 1 tablespoonful of butter to 1 cupful of cream, bring to a boil, season with salt and pepper and pour over the roe, and serve.

4. *Fried roe.*—Parboil the roe in salted water to which a slice of lemon and a sprig of parsley have been added. Cool in the liquid. Drain, wipe dry, dip in beaten egg, then in cracker crumbs, and fry brown in butter. Strain the cooking liquid into the frying pan, add 1 teaspoonful each of Worcestershire sauce and tomato catsup, and bring to a boil. Thicken with 1 tablespoonful of flour browned in butter and made smooth with a little sherry or madeira. Bring to a boil, pour over the roe, and serve.

5. *Fried roe with bacon.*—Wash the roe and dry thoroughly. Cut ¼ pound of bacon into thin slices, cook very little over a hot fire, and place in serving dish in oven to keep warm. Fry the roe in the bacon fat, and when done place on the bacon which has been arranged in the serving dish. Garnish with parsley and sliced tomatoes.

6. *Broiled roe.*—Parboil the roe for 10 minutes in salted water, drain, and plunge into ice water for 10 minutes. Wipe dry and put on ice for ½ hour. Rub with olive oil and lemon juice. Broil on a well-greased broiler and serve with maître d'hôtel sauce.

7. *Broiled roe.*—Soak the roe for 20 minutes in olive oil. Season with the juice of 1 lemon, salt, celery salt, and pepper. Allow to stand for 15 minutes and then broil on a well-greased broiler over a very hot fire. Serve with Hollandaise sauce and garnish with parsley, lemon, and sliced tomatoes.

8. *Baked roe.*—Butter a baking dish and sprinkle thickly with chopped onion, parsley, and mushrooms. Lay the fish roe upon it, sprinkle with more onion, parsley, and mushrooms; season with salt and pepper and dot with butter. Add ½ cupful of white wine and 1 cupful of white stock. Bake carefully, basting as required. Drain, thicken the gravy with flour cooked in butter, pour over the roe, sprinkle with crumbs, dot with butter, and brown in the oven. Squeeze lemon juice over and serve.

9. *Baked roe.*—Boil the fish roe slowly until done. Drain and put into a buttered baking dish. Season with salt and pepper, spread with butter, and dredge thickly with flour. Bake in a moderate oven, basting frequently with melted butter and hot water.

10. *Baked roe.*—Cover the roe with boiling water, let stand for a few minutes and drain. Put into a buttered baking pan with 2 tablespoonfuls of butter, 1 cupful of stock, and salt and paprika to season. Bake slowly until done, strain the liquid and thicken with the yolks of 3 eggs beaten with 1 cupful of cream. Pour over the sauce, and serve with thin slices of broiled bacon and toasted bread.

11. *Baked roe.*—Lay the roe in a buttered baking dish, season, add a little milk, and bake about 15 minutes, basting often. Place on serving dish, sprinkle with lemon juice, salt, red pepper, and minced parsley, and pour over a cream sauce, to which the yolks of 2 well-beaten eggs have been added.

12. *Baked roe.*—Butter a baking dish, put in 2 pounds of fish roe, season with salt and pepper, and add ½ cupful of white wine or fish stock. Bake in a slow oven, basting frequently. Chop 1 onion, 2 sprigs of parsley, and 10 mushrooms,

Fry in butter, add the liquid drained from the roe, and thicken with a little flour rubbed smooth in cold water. Spread the paste upon the roe, cover with large fresh mushrooms, sprinkle with crumbs, dot with butter, and brown in the oven. Serve immediately.

13. *Baked roe.*—Butter an earthen dish and sprinkle with chopped onion, parsley, mushrooms, and bread crumbs. Lay the fish roe upon it, cover with crumbs, mushrooms, minced onion, and parsley, and pour over this 1 cupful of white stock mixed with 1 tablespoonful of melted butter. Bake for ½ hour; drain off the sauce, strain it, and thicken with flour. Pour the sauce over the roe, cover with crumbs, dot with butter, sprinkle with lemon juice, and brown in the oven.

14. *Baked roe with bacon.*—Cover the bottom of a baking pan with thin slices of bacon, lay the roe upon it, cover with bacon, and bake in a very hot oven until done. Squeeze lemon juice over and serve with the bacon as a garnish.

15. *Baked roe with cream sauce.*—Brown 2 tablespoonfuls of flour in butter, add 2 cupfuls of milk, and cook until thick, stirring constantly. Season with salt and pepper. Boil the fish roe for 10 minutes and drain. Place in a buttered baking dish, season with salt and pepper, cover with the sauce, and bake very slowly in the oven for 15 minutes.

16. *Baked roe with tomato sauce.*—Boil the roe for 10 minutes, drain, and cool. Cook together for 10 minutes 1 cupful canned tomatoes, 1 cupful of stock, a slice of onion, and salt and pepper to taste. Cook together 2 tablespoonfuls of butter and 1 of flour, add the tomato mixture, and cook until thick, stirring constantly. Rub the sauce through a strainer. Put the boiled roe on a buttered baking dish, season with salt and pepper, cover with the sauce, and bake. Serve garnished with parsley and bits of tomato.

17. *Escalloped roe.*—Boil the roe in salted and acidulated water for 15 minutes; drain and break up gently with a fork. Spread a layer of the roe in a shallow buttered baking dish. Cover with a layer of bread crumbs, soaked in milk, and sprinkle the top with chopped hard-boiled eggs seasoned with minced parsley, lemon juice, salt and pepper. Repeat this until dish is full, covering the top with the bread crumbs dotted with butter. Bake slowly in moderate oven.

18. *Escalloped roe.*—Boil the roe in salted and acidulated water, plunge into cold water, drain, wipe dry, and mash. Add the chopped yolks of 3 hard-boiled eggs to 1 cupful of well-seasoned, drawn-butter sauce. Mix the sauce with the roe. Butter a baking dish, sprinkle with seasoned crumbs, add the roe mixture, cover with crumbs, dot with butter, and brown in the oven.

19. *Escalloped roe.*—Parboil in salt water 2 pounds of fish roe, drain, plunge into ice water for 10 minutes. Drain, wipe dry, and mash with a fork. Add the yolks of 3 hard-boiled eggs rubbed smooth with 1 teaspoonful of anchovy paste and the juice of ½ lemon. Also add 1 cupful of bread crumbs, salt, red pepper, and minced parsley to season, and 1 cupful of drawn-butter sauce. Butter a baking dish, sprinkle with crumbs, fill with the mixture, cover with crumbs, dot with butter, and brown in the oven.

20. *Escalloped roe.*—Boil 2 pounds of fish roe for 15 minutes in a very little salted water. Drain and mash with a fork. Save the liquid in which the roe was boiled. Put a layer of the roe in a round baking dish, sprinkle with a little salt and pepper. Cover with a thick layer of bread or cracker crumbs moistened with the liquid in which the roe was boiled. On the top of this sprinkle a little grated cheese and dots of butter, a little salt and pepper. Repeat this in the same manner until the dish is filled. Bake in a quick oven for 40 minutes and serve.

21. *Roe croquettes.*—Boil 2 pounds of fish roe in salted water for 10 minutes. Drain, dry, and then mix with 3 well-beaten eggs. Add finely chopped parsley and season to taste. If necessary to thicken, add finely crushed bread crumbs. After making into forefinger or egg-shaped pieces, dip in egg, then in bread crumbs, and fry in hot butter or olive oil. Serve on lettuce leaves, garnished with green mint, parsley, sliced lemons, and olive oil.

22. *Roe croquettes.*—Boil the roe for 15 minutes in salted water, drain, and mash. Cook together 2 tablespoonfuls each of butter and cornstarch; add 2 cupfuls of hot milk and cook until thick, stirring constantly. Take from the fire, add the mashed roe, and salt, cayenne, grated nutmeg, and lemon juice to season. Cool, shape into croquettes, dip in egg and crumbs, and fry in deep fat. Serve with tomato or tartar sauce.

23. *Roe croquettes.*—Simmer the roe in salted boiling water for 15 minutes, drain, and plunge into cold water. When cold, drain, dry, cut into slices 2 inches thick; season with salt, pepper, and lemon juice, dip in egg, roll in crumbs, fry in deep fat, and serve on lettuce leaves with tartar sauce.

24. *Roe croquettes.*—Boil the roe 15 minutes in salted and acidulated water. Drain, cool, and mash fine. Cook together 1 tablespoonful of butter and 2 of flour, and add ½ cupful of cream and ½ cupful of stock. Cook together until thick, stirring constantly. Take from the fire, add the yolks of 2 well-beaten eggs, and the mashed roe, and cool. Season with salt, pepper, lemon juice, and minced parsley. Shape into croquettes, dip in egg and crumbs, and fry in deep fat. Serve with tomato sauce.

25. *Roe croquettes.*—Parboil 2 fish roe, drain, cool, and mash. Cook together 1 tablespoonful of butter and 2 of flour; add 1 cupful of boiling milk, and cook until thick, stirring constantly. Take from the fire, add the beaten yolks of 2 eggs, and minced parsley, lemon juice, grated nutmeg, salt, pepper, and celery salt to taste. Reheat, stir until thick, add the mashed roe, mix thoroughly, and cool. Shape into croquettes, dip in egg and crumbs, fry in deep fat, and serve with Hollandaise sauce.

26. *Roe croquettes.*—Cook the roe in boiling, salted, and acidulated water for 15 minutes, drain, and mash. Beat together ¼ cupful each of cornstarch and butter, add 1½ cupfuls hot milk, and cook for 10 minutes, stirring constantly. Take from the fire, add the juice of ½ lemon, grated nutmeg, salt, and paprika to season, the mashed roe, and a few finely chopped fried mushrooms. Cool, shape into croquettes, dip in egg and crumbs, and fry in deep fat. Serve with any preferred sauce.

27. *Roe croquettes.*—Simmer 2 pounds of fish roe in salted boiling water for 20 minutes. Take from the fire, drain, and mash. Cook together 1 tablespoonful of butter and 2 of flour, add gradually 1 cupful boiling milk; cook until thick. Take from the fire, add the yolks of 2 eggs, the mashed roe, 1 tablespoonful each of lemon juice and minced parsley, and salt, pepper, and grated nutmeg to season. Cool, shape into croquettes, dip in egg and crumbs, and fry in deep fat. Serve with tartar sauce.

28. *Roe à la Baltimore.*—Put 2 pounds of fish roe into a well-buttered baking dish, sprinkle with salt and pepper, add 1½ cupfuls of white stock and 2 tablespoonfuls of butter. Cover and cook in the oven for 15 minutes. Take up the roe and add slowly to the liquid the yolks of 3 eggs beaten smooth and 1 cupful of cream. Cook over hot water until thick, adding 2 tablespoonfuls of butter, and salt and pepper to season. Pour the sauce over the roe, garnish with broiled bacon and lettuce, and serve.

29. *Roe à la Palm Beach.*—Parboil 2 pounds of fish roe, drain, cool, and skin. Put into a saucepan, cover with white wine; add 1 clove, 1 blade of mace, and

salt and pepper to taste. Simmer for ½ hour. Wash and drain 2 cupfuls of scallops, put into a saucepan and cover with salted boiling water, adding a bit of bay leaf, 4 whole allspice, and 2 cloves. Cook together 1 tablespoonful each of butter and flour, add 1 cupful of the water in which the scallops were boiled, and cook until thick, stirring constantly. Season with salt and pepper, add 1 teaspoonful of minced garlic, and gradually 3 tablespoonfuls of butter in small bits. Take from the fire and add the yolks of 3 eggs well beaten. Put the roe into a serving dish, cover with the scallops and freshly grated horseradish. Pour the sauce over, reheat, and serve.

30. *Roe à la maître d'hôtel.*—Marinate the fish roe for 1 hour in olive oil and lemon juice, seasoning with salt and pepper. Drain and broil over a very hot fire and serve with a maître d'hôtel sauce, to which finely chopped parsley, onions, and tomatoes have been added.

31. *Roe à la Maryland.*—Put 1½ pounds of fish roe into a well-buttered baking dish, season with salt and pepper, add ½ cupful each of stock and sherry; spread the roe with butter, cover and bake for 15 minutes. Take up carefully and thicken the liquid with the yolks of 3 eggs beaten smooth with 1 cupful of cream. Take from the fire, add 1 tablespoonful of butter, pour over the roe, garnish with fried bacon, and serve.

32. *Panned roe.*—Boil the fish roe for 15 minutes in salted water, drain, and break up with a fork. Melt 2 tablespoonfuls butter, add the fish roe with the yolks of 2 hard-boiled eggs mashed fine, 1 small cupful bread crumbs and pepper, salt, and minced parsley to season. Reheat and serve hot.

33. *Roe en brochette.*—Parboil the fish roe for 20 minutes, drain, and plunge in cold water. When cool, cut into small pieces and roll in flour. String on slender skewers with alternate squares of bacon cut very thin and broil over a clear fire or cook in the oven until the bacon is crisp. Serve with melted butter seasoned with lemon juice.

34. *Roe kromeskies.*—Parboil 1 pound of fish roe, drain, cool, skin, and cut into small pieces. Season with salt and pepper; wrap a thin slice of bacon around each piece and fasten with a toothpick. Fry in deep fat and serve with tomato sauce.

35. *Roe with brown butter sauce.*—Boil the roe slowly in salted and acidulated water, drain, and pour over ½ cupful of butter melted and browned to hazelnut color. Season with salt, pepper, and lemon juice, and garnish with parsley.

36. *Roe with mushrooms.*—Boil the roe in salted water for 10 minutes, mash with a fork, and add an equal quantity of fresh or canned mushrooms cut in small pieces. Cook together 1 tablespoonful each of butter and flour and add ½ cupful of cream mixed with the beaten yolks of 2 eggs. Mix with the mushrooms and roe. Fill ramekins, sprinkle with crumbs, dot with butter, and brown in the oven.

37. *Roe creamed with mushrooms.*—Parboil 1 pound of roe, plunge into cold water. Drain, cool, and cut into squares. Sauté in butter until brown. Season with salt and pepper and add ½ cupful of cooked mushrooms and 1 cupful of boiling cream. Thicken with 1 teaspoonful of flour rubbed smooth with a little cream, season with salt and red pepper, and serve hot.

38. *Roe with eggs.*—Boil 1 pound or more of fish roe and mash fine with a fork. Beat 4 eggs, season with salt and pepper, add the roe, and cook in a chafing dish or frying pan with plenty of melted butter. Serve on toasted bread.

39. *Roe with brown sauce.*—Soak the roe in water for ½ hour. Scald, drain, cool, and cut in slices. Sauté in butter and drain. Cook 1 tablespoonful of flour in butter, add 1 cupful of white stock, and cook until thick, stirring constantly. Season with salt, paprika, Worcestershire sauce, and curry powder. Pour over the roe and serve.

40. *Roe with omelette.*—Wash 1 pound of fish roe and boil in salted water for 20 minutes; strain and mash with a fork. Take 8 eggs, beat them so that the yolks and whites are well mixed, adding a little salt, pepper, and lemon juice. Add to them the roe and stir until it is thoroughly mixed with the eggs. Place in a frying pan 2 ounces of butter and when melted and hot add the eggs and roe. Cook until thickened and browned, fold together, and serve immediately.

41. *Roe in chafing dish.*—Wash the roe and boil in salted water for 15 minutes. Strain and break up with a fork. Put in a chafing dish 2 tablespoonfuls of butter and when melted put in the roe with the yolks of 1 hard-boiled eggs mashed fine, 1 small cup of dry bread crumbs, 1 tablespoonful of minced parsley, pepper and salt. Moisten with cream or milk. Stir, let it get hot, and serve.

42. *Roe fritters.*—Wash 1 pound of fish roe and boil in salted water for 10 minutes. Strain and break up by stirring with a fork. Put it in a mixing bowl with 2 ounces of flour, 2 eggs, salt, pepper, and minced parsley to season. Mix all thoroughly together. Put some lard in a frying pan, and when very hot drop in 1 tablespoonful of the mixture at a time. Fry on both sides and serve.

43. *Roe on toast.*—Wash 1½ to 2 pounds of fish roe, drain, and break up. Put in a saucepan with 2 ounces of butter and cook slowly for 20 minutes. Season to taste with salt and pepper and a very little tobasco sauce. Moisten with a very little melted butter and serve immediately on well-buttered toast.

44. *Roe au gratin on toast.*—Boil 2 pounds of roe in salted water for 15 minutes. Break up thoroughly and grate into it 3 ounces of American cheese. Mix carefully and salt and pepper to taste. Place the roe on slices of toasted bread and place in a hot oven, leaving it there only long enough for the cheese to melt. Serve immediately.

45. *Roe a la Newberg.*—Boil 1 pound of roe in salted water for 20 minutes. Drain and break up by stirring lightly. Melt 3 tablespoonfuls of butter in a double boiler and add the roe. Cook for 5 minutes. Then add ⅔ cupful of cream, the yolks of 3 eggs well beaten, 2 tablespoonfuls of olive oil, 1 tablespoonful of lemon juice, and salt, pepper, and grated nutmeg to taste. Cook until it thickens, stirring constantly.

46. *Roe loaf.*—Boil 2 pounds of fish roe in salted water for 15 minutes. Strain and mash. Mix with it 2 cupfuls of boiled rice, 1½ cupfuls of white sauce, and 1 tablespoonful of minced parsley, salt, pepper, and nutmeg to taste. Bake in a loaf. Serve hot with tomato sauce. Cold, it makes excellent filling for sandwiches.

47. *Roe, creole style.*—Parboil 1 pound of fish roe. Season with salt and pepper, and fry lightly in butter. Moisten with ½ cupful of white wine and 4 tablespoonfuls of creole sauce. Cover and allow to cook slowly for 10 minutes. When done place on a serving dish, garnish with 2 timbales of plain-cooked rice and 2 half-heart shaped bread croutons. Sprinkle the top with minced parsley and grated cheese and serve.

48. *Roe with curry.*—Fry ½ onion very brown in 1 heaping tablespoonful of butter. Add 1 teaspoonful of curry powder and ½ cupful of boiling milk. Simmer for 5 minutes and add 1 tablespoonful of flour dissolved in cold water. When it begins to thicken, strain. While preparing the above, boil 1½ pounds of fish roe in salted water. Drain, place on hot platter, and pour the curry over them. Garnish with parsley and sliced lemon.

49. *Deviled roe.*[a]—Parboil the roe for 20 minutes, drain and cut into 1-inch pieces. Roll each piece in mixture of Worcestershire sauce, anchovy sauce, mustard, and melted butter. Lay each piece of roe on a slice of toast and place in a hot oven for about 5 minutes. Serve hot.

[a] Contributed by Miss Rose M. MacDonald, Bureau of Fisheries.

50. *Roe salad.*[a]—Wash roe in water to which salt has been added. Dip in olive oil and leave for a few minutes. Broil, chill, place on lettuce leaves, and serve with mayonnaise.

51. *Roe salad.*[b]—Marinate 1 cupful cooked roe in 2 tablespoonfuls olive oil and 2 tablespoonfuls lemon juice for ½ hour. Drain and add 1 cupful minced celery, salt and pepper to taste, and 2 scant tablespoonfuls mayonnaise. Mix lightly and serve on celery tops. Garnish with pimento olives, cut in halves, and teaspoonfuls of mayonnaise.

52. *Roe salad.*[a]—Empty 1 can of roe, wash, marinate for ½ hour in 1 tablespoonful olive oil, 1 teaspoonful lemon juice, pepper and salt. Place on lettuce leaves and serve with mayonnaise.

53. *Sandwich filling.*[b]—Marinate 1 cupful cooked roe in 2 tablespoonfuls olive oil and 2 tablespoonfuls lemon juice for ½ hour. Drain and add salt and pepper to taste, about 1 dozen pimento olives, minced fine, and 1½ tablespoonfuls mayonnaise. Spread on thin slices of rye or graham bread.

BUCKROE RECIPES.*

54. *Buckroe, plain canned.*—Heat the buckroe in the can by placing it in boiling water. Open can, drain, and place on a serving dish. Pour over it melted butter, salt and pepper to season. Garnish with parsley or cress and serve.

55. *Buckroe bisque.*[a]—Wash and drain the contents of 1 can of buckroe, place in a mortar with 1 tablespoonful butter, ½ cupful boiled rice, and pound as smooth as possible. Put into saucepan, add salt, red pepper, bouquet of assorted herbs, a blade of mace, dash of lemon juice, and 1 quart of water. Boil slowly, pour through sieve, working pulp through. Place soup on stove to keep hot. Beat up the yolk of 1 egg and add it slowly to 1 quart of boiling milk. Whisk into the soup. Add a dash of sherry and serve.

56. *Buckroe bisque.*[a]—Wash and drain the buckroe and put through a sieve. Work in 1 tablespoonful of butter and 1 egg. Moisten with a little milk. Fry out 1 slice of bacon fat; add 1 small onion, minced, 1 tablespoonful of chopped celery tops, 1 sliced carrot, 1 red pepper, and 1 pint of water. Boil; add buckroe, and boil slowly. Strain and press the ingredients through a sieve. Return to kettle but do not allow to boil. Boil 1 pint of milk and whisk it into the soup. Add necessary seasonings and serve hot.

57. *Buckroe chowder.*[a]—Mix together 1 cupful chopped buckroe, 1 cupful boiled rice, ½ cupful finely chopped celery, and 1 small onion cut fine. Add ½ cupful boiling water, season with salt and paprika, and simmer slowly for 25 minutes. Beat yolk of 1 egg with ½ cupful milk, add to the chowder, and stir for 3 minutes. Serve hot.

58. *Baked buckroe.*—Cut the buckroe into small pieces and mix with an equal amount of bread or cracker crumbs. Put into a buttered baking dish, dot with butter, add a little milk to moisten, if necessary, and salt and pepper to taste. Bake in oven until brown.

59. *Buckroe in ramekins.*[a]—Mix together 1 can buckroe, 1 tablespoonful dried bread crumbs, 1 ounce butter, 1 tablespoonful minced parsley, and 1 egg yolk. Add salt and pepper and enough milk or cream to moisten. Fill buttered

*Miss Olive R. Percival, department of household science, University of Illinois, suggests the following way of preparing buckroe: Remove buckroe from the can and drain; discard the liquid. Rinse with cold water. Then drop them into boiling, acidulated water (1 tablespoonful vinegar or lemon juice to 2 cupfuls of water), and simmer 3 minutes. Drain and rinse with cold water. Prepare in any way desired.

[a] Contributed by Miss Rose M. McDonald, Bureau of Fisheries.
[b] Contributed by Miss L. Madeline McClintock, Bureau of Fisheries.

ramekins and place them in a pan of hot water in the oven. Bake for about ½ hour. Serve with tomato sauce.

60. *Buckroe and rice.*[a]—Cut 1 cupful buckroe into dice and prepare the following: One-half cupful strained tomato, 1 cupful boiled rice, 1 tablespoonful chopped onion, 1 tablespoonful lemon juice, 1 teaspoonful salt, ¼ teaspoonful celery salt, and a dash of paprika. Arrange in layers in baking dish, cover with buttered crumbs, and bake 15 to 20 minutes, or until the crumbs are nicely browned.

61. *Buckroe loaf.*[b]—Mash 1 can of buckroe to a pulp, and mix with 1 egg, 1 tablespoonful cracker crumbs, 2 ounces melted butter, and salt and cayenne pepper to taste. Turn into a mold and cover and steam 1 hour. Chill, slice, and serve with mayonnaise.

62. *Buckroe griddle cakes (flour).*[c]—Make a batter with ½ the liquor of a can of buckroe, ½ cupful milk, 1 beaten egg, 2 cupfuls flour, heaping teaspoonful baking powder, and 1 teaspoonful salt. Break up ½ can of buckroe and stir into batter. Consistency of batter may be regulated by amount of milk, which may be increased or decreased according to conditions. Fry brown on griddle in the usual way for griddle cakes. Serve hot with butter.

63. *Buckroe griddle cakes (corn meal).*[c]—Sift together 1 cupful corn meal, 1 cupful flour, 1 teaspoonful salt, and 1 heaping tablespoonful baking powder. Beat 1 egg, add ½ cupful milk, and ½ the liquor of 1 can of buckroe. Add the dry ingredients, a little at a time, to the liquid and beat for several minutes. Lastly, add ½ can of buckroe broken into pieces. Fry brown and serve hot with butter.

64. *Buckroe fritters.*[a]—Make a paste of 1 cupful buckroe, add 2 eggs slightly beaten, 1 cupful milk, and 2 cupfuls flour, to which has been added 1 teaspoonful salt, 1 teaspoonful baking powder, and a little paprika. Beat well and fry by spoonfuls in hot fat. Serve with tomato sauce made as follows: Add to 1 cupful tomatoes ½ teaspoonful salt, 1 slice of onion, 2 or 3 peppercorns, and 1 bay leaf. Simmer 10 minutes and put through a strainer. Blend 1 tablespoonful butter and 1 tablespoonful flour and add strained tomato. Cook until mixture thickens.

65. *Buckroe hash.*[d]—Mix together ½ can of buckroe, 2 tablespoonfuls of chopped green peppers, 2 tablespoonfuls celery, 1 tablespoonful chopped onion, and 1 beaten egg. Season with salt and pepper. Melt 2 tablespoonfuls butter in a frying pan and, when hot, put in hash. Cover lightly with bread crumbs, cook until a delicate brown, and serve immediately.

66. *Buckroe with scrambled eggs.*[a]—Beat 4 eggs slightly and add 1 teaspoonful salt, a little pepper, ½ cupful milk, 1 tablespoonful finely cut green pepper, and 1 cupful finely cut buckroe. Cook in frying pan in 2 tablespoonfuls butter.

67. *Buckroe with mushrooms.*[b]—Cut into quarters the contents of 1 can of buckroe and 1 can of mushrooms. Mix 1 ounce butter, 1 ounce flour, ½ cupful of the liquor from the mushrooms, and ½ cupful cream. Season with salt, pepper, and nutmeg. Add the buckroe and mushrooms. Serve in patty cases, and garnish with chopped parsley.

68. *Buckroe, creamed.*[a]—Make a white sauce of 2 tablespoonfuls butter, 2 tablespoonfuls corn flour, 1 cupful milk, and 1 teaspoonful salt. When cooked sufficiently, add 1 cupful buckroe cut in dice. Serve hot on corn dodgers.

69. *Buckroe à la Poulette.*—Simmer the contents of 1 can of buckroe in a little water for 10 minutes. Drain and save the liquid. Blend ½ cupful of

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[b] Contributed by Miss Rose M. McDonald, Bureau of Fisheries.

[c] Contributed by Dr. W. C. Kendall, Bureau of Fisheries.

[d] Contributed by Miss Madeline McClintock, Bureau of Fisheries.

butter and 3 tablespoonfuls of flour in a saucepan; when smooth add ½ cupful of cream, the liquid, and the yolks of 3 eggs well beaten. Cook slowly until thick, not allowing to boil. Add 1 tablespoonful of lemon juice, and salt, pepper, and grated nutmeg to season. Add the buckroe. Serve at once with a garnish of parsley.

70. *Buckroe with tomato sauce.*[a]—To 1 small can of tomatoes add a slice of onion, 1 teaspoonful salt, and 2 or 3 peppercorns, a little paprika, and simmer 10 minutes. Put through a strainer. Blend 2 tablespoonfuls flour with 2 tablespoonfuls butter substitute and add 1 cupful strained tomato and cook until thickened. Add 1 cupful of buckroe cut in dice, and, as soon as hot, serve on corn dodgers.

71. *Buckroe à la Provençale.*[b]—Make a sauce of ¼ cupful butter, 2 cupfuls milk, and 2½ tablespoonfuls flour. Mash the yolks of 4 hard-boiled eggs, mix with 1 teaspoonful anchovy sauce, and add to sauce. Lastly, add 2 cupfuls mashed cold boiled buckroe. Serve as soon as heated on pieces of toasted graham bread.

72. *Buckroe cutlets.*—Put 1 tablespoonful each of finely chopped onion, parsley, and butter in a cooking dish and cook for 5 minutes, stirring constantly. Add ½ cupful of flour, salt and paprika to season, and stir until thoroughly blended. Add 1 cupful of milk gradually and bring to the boiling point. Add the contents of 1 can of buckroe cut into small pieces. Cook for 5 minutes, pour on platter to cool. Cut into pieces 2 inches square, dip in beaten egg, then in crumbs, and fry brown in deep fat. Arrange on serving dish, garnish with parsley, and serve with tartar or tomato sauce.

73. *Buckroe chops.*[c]—Wash the contents of 1 can of buckroe and press through a sieve. In a saucepan blend 1 cupful of cream, 3 tablespoonfuls of flour, 1 tablespoonful of butter, and 1 tablespoonful of cracker crumbs. Add the buckroe, pepper and salt, and 1 teaspoonful of minced parsley. Bring to a boil; pour on platter to cool. Cut into chops, dip in egg and cracker dust, and fry in hot fat. Drain and serve garnished with cress and lemon quarters.

74. *Mock oysters.*[a]—Season buckroe with salt and pepper. Dip first into beaten egg, then into corn meal. Brown in a frying pan in a small amount of fat or in a dripping pan in the oven. Serve with slices of lemon. If desired, the buckroe may be marinated in lemon juice or vinegar before dipping in the egg and corn meal.

75. *Buckroe creole.*[c]—Sauté the contents of 1 can of buckroe in oil or melted butter, with chopped green peppers, fresh tomatoes, and onions. Serve with timbales of boiled rice.

76. *Buckroe canapes.*[c]—Parboil and mash 1 can of buckroe to pulp. Mix with 1 teaspoonful prepared mustard, ½ ounce butter, 1 hard-boiled egg yolk, 2 teaspoonfuls lemon juice, and a little paprika and nutmeg to flavor. Fry rounds of bread, place the mixture on them, bake for 5 minutes, and serve with water cress.

77. *Buckroe canapes, Spanish style.*[c]—To 1 can of buckroe, mashed, add 3 minced cucumber pickles, 2 tablespoonfuls of chutney, and 2 tablespoonfuls of Hollandaise sauce. Spread on toast and sprinkle with 3 tablespoonfuls Parmesan cheese. Bake for 5 minutes and serve hot.

78. *Buckroe curry.*[c]—Mix together 1 can of buckroe, 6 sweet almonds, chopped fine, 2 eggs, ¼ pint milk, 1 ounce butter, 1 teaspoonful curry, and 1 lemon. Fry 1 sliced onion and mix with the other ingredients. Butter a pudding dish,

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squeeze into it the juice of 1 lemon, and turn in the mixture. Bake in a moderate oven and serve hot with rice.

79. *Buckroe relish.*[a] Wash and drain the contents of 1 can of buckroe. Put in saucepan with $1\frac{1}{2}$ tablespoonfuls of vinegar, a little salt and cayenne, and 2 tablespoonfuls of butter. Cook slowly for 5 minutes and serve on toast.

80. *Buckroe salad.*[b]—Marinate the canned buckroe in French dressing for 1 hour. Drain and serve on bed of crisp head lettuce with equal quantities of peas or boiled rice and mayonnaise dressing. Garnish with strips of pimento.

81. *Buckroe salad.*[b]—Make the cooked buckroe into a paste, season with lemon juice, salt, and paprika, shape in balls, and serve on lettuce with mayonnaise dressing.

82. *Buckroe salad.*[c]—Dice $\frac{1}{2}$ can of buckroe, which has been marinated in 2 tablespoonfuls each of olive oil and lemon juice for 1 hour. Mix together 1 cupful finely chopped celery, 1 tablespoonful finely chopped green peppers, and 6 pimento olives cut fine. Add the buckroe and 2 tablespoonfuls mayonnaise. Serve on lettuce and dot with mayonnaise.

83. *Buckroe in rolls.*[a]—Mix together 2 tablespoonfuls finely chopped celery, 2 tablespoonfuls chopped olives, and 2 tablespoonfuls canned buckroe. Add a stiff mayonnaise. Cut the tops off of 6 small rolls, remove soft part, fill with the above mixture, and replace tops.

84. *Buckroe sandwich filling.*[a]—Take equal parts, by weight, of cooked buckroe and fresh butter. Mash very fine and rub through a sieve. Season with red pepper, chopped parsley, and lemon juice.

85. *Buckroe sandwich filling.*[b]—Make a paste of 1 can buckroe, 2 pimentoes, finely cut, 1 teaspoonful salt, 1 cupful mayonnaise dressing, and a little paprika. Serve on thin slices of buttered rye bread. Minced olives may be added.

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